

H.U.R.T. TRAIL 100-MILE ENDURANCE RUN

January 14-15, 2006

Location: Hawaii Nature Center – Makiki Heights Drive
 Start: 6 a.m. 36 hours allotted time. No time extensions given.
 Course: A very tough 100-mile multiple lap course on muddy, rooted, and rocky single-track trails in a mountainous tropical rainforest. Any entrant who passes the 100K point but does not complete 100 miles in the allotted time will be credited with a distance of 100K run in the official race results.
 Aid Stations: Three per loop, fifteen total, with drop bags available at each. Aid stations are 5.4 to 7.3 miles apart.
 Rules: Download, print, and read the race book at <http://www.hurthawaii.com/> or <http://www.run100s.com/ht100.htm> or <http://hurthawaii.blogs.com/>
 Contacts: Race Registrar: PJ Salmonson, HURTpals@aol.com, or (808) 235-0577.

THIS ENTRY CONTAINS A LIMITATION ON YOUR LEGAL RIGHTS - READ IT!

I wish to enter and participate in the HURT Trail 100. I accept the rules, conditions, and regulations of the event and will comply with them. I acknowledge that I am responsible for my pacers and crew, and can be disqualified for their violations of the rules. I am aware of and assume all risks associated with this trail run of 100 miles, recognizing it is extremely difficult and hazardous for even well conditioned athletes under the most favorable of conditions. This run covers difficult mountainous terrain with precipitous drop offs through a tropical rain forest, and spans great extremes of humidity and temperature. I certify that (a) I am in excellent physical condition; (b) I have not been advised otherwise by a qualified medical person, (c) I have sufficiently trained for participation in this event, and (d) I have previously run ultra-marathon distances (preferably 50 miles) on rugged trails. I am also aware that I may be exposed to physical injury from a number of natural factors on the trail, such as lack of water, infectious disease, wildlife, rain storms, rock slides, and to hazards of vehicular traffic attendant to running across roadways. I understand and accept that the risks include the fact I may become injured or incapacitated in a location where it is difficult or impossible to get required medical aid to me in time to avoid additional physical injury, even death. Knowing these facts, nevertheless in consideration of the Run's accepting this entry, I HEREBY FOR MYSELF, MY HEIRS, EXECUTORS AND ADMINISTRATORS, WAIVE, RELEASE AND DISCHARGE the Hawaiian Ultra Running Team (dba HURT), HURT Trail 100, State of Hawaii Department of Land and Natural Resources, Na Ala Hele Trail Group, any official sponsor, entity, and the officers, trustees, directors, shareholders and/or members, agents and employees of each, all medical and other personnel assisting with the Run, or any of them and any other person connected with this running event, their representatives, successors and assigns, "Run Management", FROM ANY AND ALL RIGHTS CLAIMS OR LIABILITY FOR DAMAGE for any and all injuries to me or my property, or for damage caused by me or by any else (including Acts of God), arising out of or in connection with my participation in this event, and further indemnify and hold harmless the said Run Management from any and all liability or claims arising out of or in connection with my participation in this event.

Once the application has been received (check has been cancelled by the bank) there will be no refund. I understand that entry fees are necessary to meet the costs of preparation months in advance of the Run, and that if the Run is cancelled because of acts of God, or other circumstances beyond the control of the run management, the entry fee will not be refunded.

I give permission for free use of my name, voice, picture or my writings for any magazine or newspaper articles, broadcast, promotion or other account of the event.

Name _____ Sex ____ Birthday _____ Race Day Age ____
 Address _____ City _____ State ____ Zip _____
 Home Phone (____) _____ Work Phone (____) _____ T-shirt (Size) _____ S, M, L, XL Style: M F
 Your E-mail (Important): _____ (Correspondence will be via e-mail when possible)

Please provide a brief history of your ultra running experience since January 1, 2004. Race histories left blank will warrant return of application to applicant. Race management does not make decisions on runner's ability to finish course based upon the race history.

Name & Distance -----Date ----- Location ----- Finish Time

It is advised that you download and read the trail booklet and understand the rules and procedures of the race before submitting application.

Signature: _____ Date: _____

An entry fee of \$125 must accompany this application (\$175 after 12/5). Please make checks payable to HURT, and mail to PJ Salmonson, 46-180 Lilipuna Road, Kaneohe, HI 96744-3648 (808) 235-0577 or email: HURTpals@aol.com. Entries must be post marked by 12/5/05. The race directorate reserves the right to deny entry to any runner without reason. You will be notified via email or regular mail of your acceptance into the event. Entries are limited.

Each year there has been a post race dinner on the Monday evening following the event. It is then that we all come together to share our trail experiences and spread the "Aloha"; it has become a highlight of the weekend. We are seeking an approximate head count so we can make arrangements for this year's event. In the past, the dinner has been buffet style at a local restaurant with the cost being approximately \$35.00 per person. Number attending dinner: _____.

